

Adult preventive care services covered by KingCareSM



King County

Benefits, Payroll and
Retirement Operations

This information is a summary of adult preventive care services covered by KingCareSM. Talk with your health care provider to determine which preventive services are right for you and when you should have them.

Preventive care coverage is based on recommendations by the U.S. Preventive Services Task Force (USPSTF), which can be found at www.ahrq.gov/clinic/uspstfix.htm. Vaccine coverage is based on recommendations by the Centers for Disease Control and Prevention (CDC), which can be found online at www.cdc.gov/vaccines. Because recommendations change often, you may want to keep current by periodically checking the USPSTF and CDC Web sites.

Before scheduling a visit for preventive care, be sure to check your benefits summary, *Your King County Benefits*, at www.kingcounty.gov/employees/YourKingCountyBenefits or contact Aetna at 800-654-3250 to determine your share of the cost for these services.

Well-adult visits	Every 2 years – 18-64 years of age Annually – 65 years of age and older
Blood pressure	Every 2 years — 18 years of age and older
Cholesterol	Every 5 years — men 35 years of age and older; women at risk for coronary artery disease
Mammogram	Every 1-2 years — women 40 years of age and older
Cervical cancer¹	Every 1-2 years ² — beginning at 21 years of age or earlier if sexually active; if 30 years of age and older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test, plus a Pap smear, every 3 years if results of both tests are negative; women 70 years of age and older may stop screening; talk with your health care provider to discuss the method of screening that is right for you
Chlamydia	Routinely — women 24 years of age and younger if sexually active
Osteoporosis (bone density test)	Routinely — women 65 years of age and older

Prostate cancer	Annually — men 40-74 years of age; frequency for men younger than 40 years of age as recommended by your health care provider
Abdominal aortic aneurysm	Once — men 65-75 years of age who have ever smoked tobacco
Colorectal cancer	Annual screening with high-sensitivity fecal occult blood testing or sigmoidoscopy — 50-75 years of age 5 years with high-sensitivity fecal occult blood testing every 3 years or colonoscopy every 10 years; talk with your health care provider about what which type of screening is right for you and whether there are any benefits of screening over 75 years of age.
Tetanus-diphtheria-pertussis (Td/Tdap)	1 dose Td every 10 years — 19 years of age and older; for 19-64 years of age, a single dose of Td booster with Tdap as substitute
Influenza	Annually
Pneumococcal	1 dose — 65 years of age and older
Zoster	1 dose — 60 years of age and older

¹ Cervical cancer screening coverage is based on American Cancer Society guidelines, which are available at www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp.

² Every two years when using newer liquid-based Pap test.